

FROM THE SOLE

Tips to keep you running at your best



intraining

running injury clinic

Podiatry

Physiotherapy

Dietitian

Massage

Pilates

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HYPERMOBILITY IN CHILDREN



Does your child frequently trip over? Seem uninterested in sport? Have poor posture? It may be due to hypermobility rather than inattention or laziness. Commonly referred to as being 'double jointed', hypermobility is a condition where joints have excessive amounts of flexibility. This is thought to have a genetic component where the cartilage in joints and muscles tends to be more stretchy than average.

Hypermobility has several implications – since the muscles and joints stretch beyond their optimal position, balance and body awareness are frequently affected. Due to this, the brain has a difficult time identifying correct posture and accurately controlling limb movement, resulting in tripping or uncoordinated movement. This can be embarrassing, and it is understandable why the child may withdraw from physical activity. Additionally, sprains, strains and dislocations are more likely and can be quite painful.

There are several examinations to test for hypermobility. A simple assessment is to check whether a person's elbow or knee can bend back more than 10 degrees beyond straight. Hypermobility often reduces with age, however if it is causing frequent tripping, withdrawal from activity or poor posture it is important to address this early on. Exercise and core strength programs are useful to retrain balance and improve coordination and posture such as intraining's 'Core for Kids' class which is run twice each week.

Call 3367 3088 for more details and bookings. **By Doug James (Physiotherapist & Podiatrist)**

KIDS

BALANCE TESTING FOR KIDS AND ADOLESCENTS

Our sense of balance is something that develops with age. It starts improving once we learn to walk, plateaus in our twenties and thirties, then deteriorates after we turn 40. Balance can be a predictor of physical development, and is important in both sport and daily life. If you've ever wondered whether your child's balance is normal, here's an easy test. Have them stand on one leg (the other leg shouldn't touch) on a firm surface with their eyes open. Time how long they are able to maintain this without falling over or shifting their foot. Repeat on the other side.

A range of average times per age is listed below:

Age (years)	Average balance time
4-5	10s
6-7	15s
8-9	30s
10-11	100s
12+	2mins

If your child's balance is below average, it is important to try to improve it. Practicing the balance test a few times a week can help. intraining's 'Core for Kids' program is also worth considering. **For more details and bookings, phone 3367 3088.**

By Doug James (Physiotherapist & Podiatrist)



DIETITIAN

ALMONDS AND THE RUNNER

Research has shown that regular nut consumption as part of a healthy diet can help protect against heart disease. Nuts contain many nutrients including healthy fats and anti-oxidants which are good for heart health. Almonds in particular are packed full of goodness and make a useful addition to the runners' diet. Almonds can help you meet your daily protein goals (important for muscle growth and repair) and provide a good amount of vitamin E (a powerful antioxidant). Almonds also contain other nutrients important to the runner such as the minerals calcium, potassium, magnesium and iron. Almonds are a very versatile nut and can easily be added to both sweet and savoury foods. They also make a satisfying in-between snack (the protein and fibre content help to satisfy hunger). To add almonds to your diet, try sprinkling whole almonds (skin on for the most nutrition) onto your favourite breakfast cereal, enjoy a handful as a snack, add roughly chopped almonds to home baked goods such as muffins and banana bread, or add to salads and stir fries. A 30g serve of almonds (a small handful) provides around 5.9g of protein 2.7g of fibre and 8.4mg of vitamin E



By Liz Lovering (Dietitian & Coach)

MUSCLE RECOVERY

COLD WATER IMMERSION

DOMS (Delayed Onset of Muscle Soreness) is the generalised muscle pain that you may feel in the quadriceps and calf muscles after a long run or longer & harder speed session. Increased levels of pain, decreased muscle strength and power may all be experienced. This is a physiological response to the physical destruction of muscle fibres, and a subsequent influx of enzymes, hormones, and blood proteins to the muscle tissue. The pain may last up to 3 days, and the muscle tissue can take 7 days to recover. Cold Water Immersion (CWI) is a form of treatment used by both elite and recreational athletes as a therapy to speed the recovery. This involves immersing the effected muscles into cold water (between 8 ° & 22° C) for 10minutes. The rationale is that CWI will reduce the blood flow & tissue temperature resulting in decreased inflammation. The more recent studies have shown that there is up to 16% improvement in the perceived reduction of pain at 24 & 48 hours post intensive exercise, but has minimal effect in speeding the recovery of muscle strength and power. (British Journal of Sports Medicine, 2012 & 2014) The recommendations based on these studies, suggest that CWI has its place in muscle recovery, if only to reduce the pain levels, and there is no harm in this treatment. Coming into winter, backyard pools are an easy place to test this yourself following long runs and speedwork..



By Margot Manning (Podiatrist & Coach)

FUN FACT

The Human Polar Bear Club began in the 1890s by Professor Louis Sugarman, who would plunge daily in the Mohawk River, even when the thermostat hit 23 below zero.



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PODIATRIST

The forefoot is complex, made up of many ligaments and tendons supporting the bones and joints, as well as an intricate network of blood vessels and nerves. Our feet carry us around all day every day, and withstand a lot of stress. Athletes and runners in particular subject their feet to substantial levels of impact (> 3 times body weight) and torsional forces. Furthermore, the bones of the forefoot are much thinner and therefore much more prone to injury when compared to the rest of the body.

Forefoot pain is common amongst runners, and can be attributed to a number of different injuries of varying severity. It can be difficult to determine the source of pain, although describing the nature, type and severity of the pain can assist with diagnosis. Amongst others, common running injuries include neuromas, capsulitis, bursitis and metatarsal stress fractures.



Stress Fracture

Metatarsal stress fractures most often affect the shaft of the bone. As with most stress fractures, increased training load and volume correlates strongly with increased injury risk. Complaints include focal pain relieved only with rest, and dorsal swelling. With this presentation clinical diagnosis is relatively reliable, although imaging can be used to confirm. The pain intensity experienced with stress fractures is highly variable, and many athletes have been known to run with this injury. Recovery requires 6 weeks rest from high impact activities and monitored weight-bearing and cross training, depending on severity. Stress reaction is a precursor to a stress fracture and requires variable recovery time.

By Emily Donker (Podiatrist & Coach)

FOREFOOT PAIN

Neuromas

Neuromas are typically associated with neural symptoms such as numbness, tingling and burning pain. Usually aggravated by tight footwear, they're caused by irritation of nerves between the metatarsal heads in the forefoot. Injury history and clinical testing most often leads to diagnosis, although for persistent cases ultrasound or MRI can be helpful. Significant relief can be achieved by addressing the cause of pain. Improving shoe fit with some simple modifications such as adjusting the laces and unpicking stitching can make a big difference. Supporting the transverse arch and reducing compression between the metatarsal heads by modifying insoles with a met dome typically will also provide great relief.

Capsulitis/Bursitis

Essentially these injuries are synonymous with inflammation and swelling of the metatarsal-phalangeal joints in the ball of the foot. Sufferers will usually describe intense pain made worse with weight-bearing and pressure on the painful region. Sometimes confused with neuroma, neural symptoms also co-exist in some cases and due to compression, tightly-fitting footwear can increase pain intensity. Anti-inflammatory treatments including immersion icing and oral anti-inflammatories are helpful to reduce swelling, whilst addressing contributing biomechanical and footwear issues with in-shoe padding and modifications can assist with recovery.

Forefoot pain holding you back?

Whilst these common injuries all present as forefoot pain, the symptoms, prognosis and treatment methods are vastly different. **If you're struggling with forefoot pain, book an appointment with one of the podiatrists at intraining Running Injury Clinic (07 3367 3088) to get on the road to recovery**

TRAINER



PERSONAL TRAINING

Has the physiotherapist told you that you need to strengthen your glutes or stretch your hip flexors? Are you confused about how to strengthen your core or build your hip stability? Personal training at intraining can help.

intraining now offers one on one (or up to 4 on 1) Personal Training sessions. We can work in conjunction with intraining podiatrists or physiotherapists to focus on those aspects of your fitness that are leaving you more vulnerable to running injuries.

Alternately we can do an assessment to identify strength, mobility or stability weaknesses that might leave you more injury prone. We can then address those weaknesses in our Personal Training sessions or with our massage therapists.

Bookings available on Thursdays between 10am and 7 pm.

**1 on 1: \$40 for 30min session,
2 people: \$50 for 30min session
3 people: \$60 for 30min session
4 people: \$70 for 30min session**

Call 3367 3088 for bookings.

**BALANCE, CORE &
SPORTS REHAB STUDIO**

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also available at Indooroopilly Shopping Centre (intraining located on 3rd Level)

RECIPE



Brown rice and almond salad

NUTRITION

This dish contains a mix of protein and carbohydrate to assist with recovery. To increase the protein content see serving suggestion. Serves 4 as a main dish and 6 as a side dish. Each main dish serve contains about 13g protein, 27.8g fat, 51g carbohydrate, 6.8g fibre and 2,100kJ

METHOD

- Cook brown rice according to packet directions and place in a large bowl in the fridge to cool
- Wash vegetables and parsley and prepare as above
- Remove rice from fridge, add rest of ingredients and mix well
- Season to taste with salt and black pepper
- Serve on a bed of mixed salad leaves

INGREDIENTS

- 1 cup brown rice
- 1 large tomato, chopped
- ½ large green capsicum (1 cup), chopped
- 1 large carrot, grated
- ½ cup (60g) dry roasted almonds
- ¼ cup (30g) pine nuts
- ¼ cup (30g) sunflower seeds

SERVING SUGGESTIONS

AND TIPS

- You can use any salad vegetables you wish
- Increase the protein content of the dish by adding some lean cooked meat, poultry, fish, feta cheese or meat alternatives such as tofu.

intraining dietitian, Liz Lovering.

Call or email to book an appointment

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